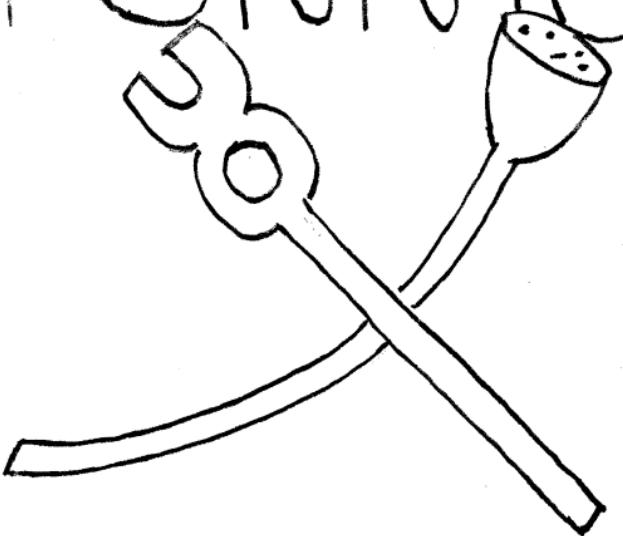


#19 FREE
MAR-APR



lonely
place
PRODUCTIONS

MEDITATION FUNNIES



COME SEE
WHAT HAPPENS



IS BUDDHISM
YOUR RELIGION?



ARE YOU... NAKED?

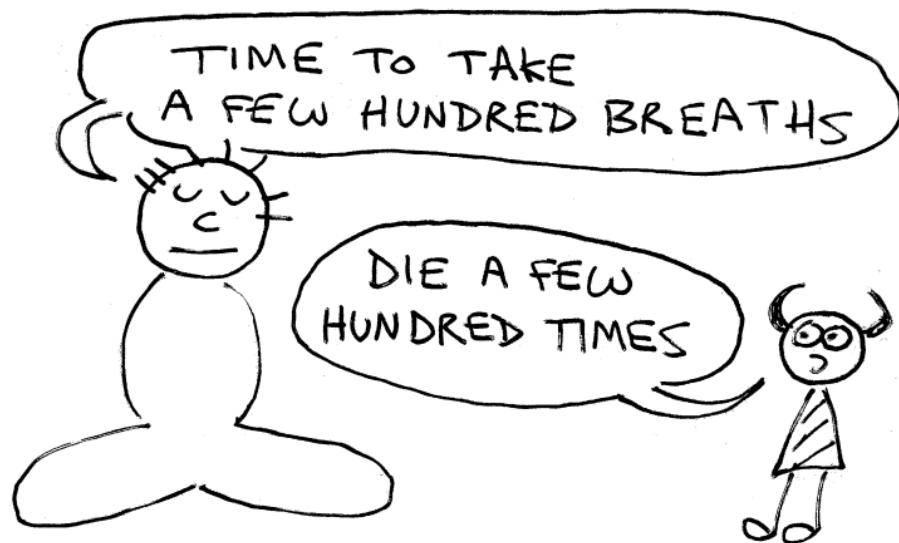
NO, THE CARTOONIST
JUST DOESN'T BOTHER
TO DRAW MY
CLOTHES

IF I
DOESN'T
NEED IT,
I DOESN'T
DRAW IT!

WELL HE
DOESN'T
DRAW OUR
ARMS
EITHER,
SO



JAPAN



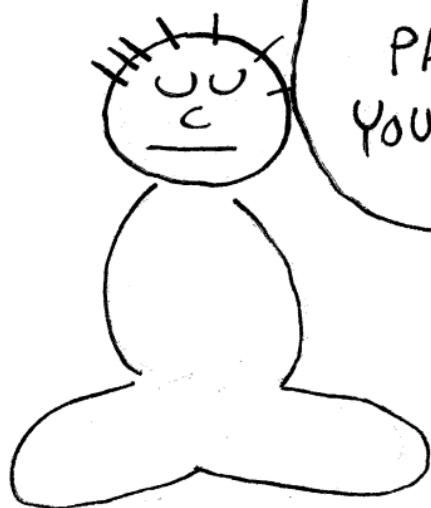
KEN TETSUZAN MORGAREIDGE (FORMERLY OF ZEN CENTER OF DENVER) SAID TO PRACTICE DYING WITH EACH EXHALE AND BEING BORN WITH EACH INHALE



WHICH ONE OF US
IS THE "STRAIGHT MAN"?



IS YOUR MIND
PART OF YOUR BODY
OR IS YOUR BODY
PART OF
YOUR MIND?



“THINK THE THOUGHT
OF NON THINKING”*

THAT'S WHAT
THE MAN SEZ

YOU
DON'T.

SOMETIMES
I DO

...BUT OFTEN
WHEN I SIT
DOWN, I
SECRETLY
THINK...

“GOOD
THING I
HAVE THINGS
TO THINK
ABOUT
TO GET THRU
THIS
SESSION

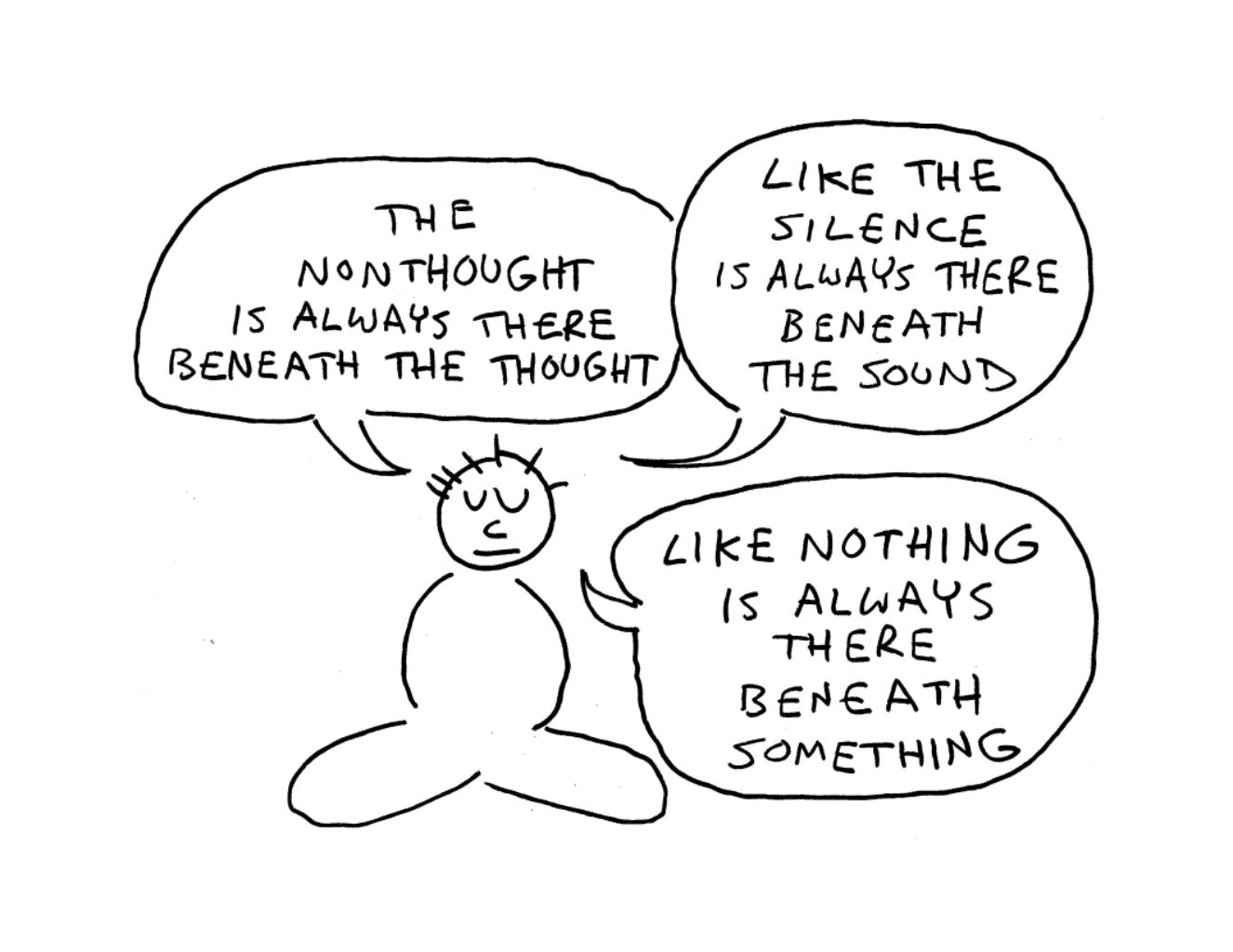


*FUKANZAZENGI

THE MAN ALSO SEZ
THAT THE WHOLE UNIVERSE
REALIZES THE DHARMA
IF YOU DO IT RIGHT
FOR EVEN ONE MOMENT*
(OR SOMETHING LIKE THAT)

YOU THINK THAT'S
AN EXCUSE
FOR HALF-ASSING IT
THE REST OF
THE TIME?

*BENDOWA



THE
NONTHOUGHT
IS ALWAYS THERE
BENEATH THE THOUGHT

LIKE THE
SILENCE
IS ALWAYS THERE
BENEATH
THE SOUND

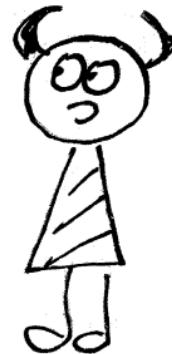
LIKE NOTHING
IS ALWAYS
THERE
BENEATH
SOMETHING

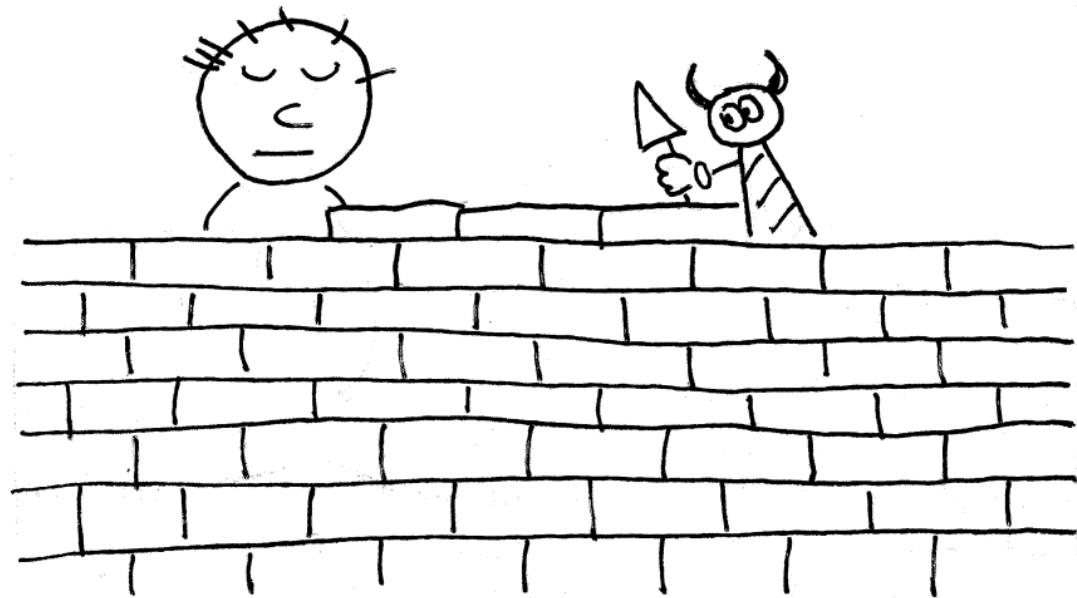
WHAT'S "MINDFULNESS"?

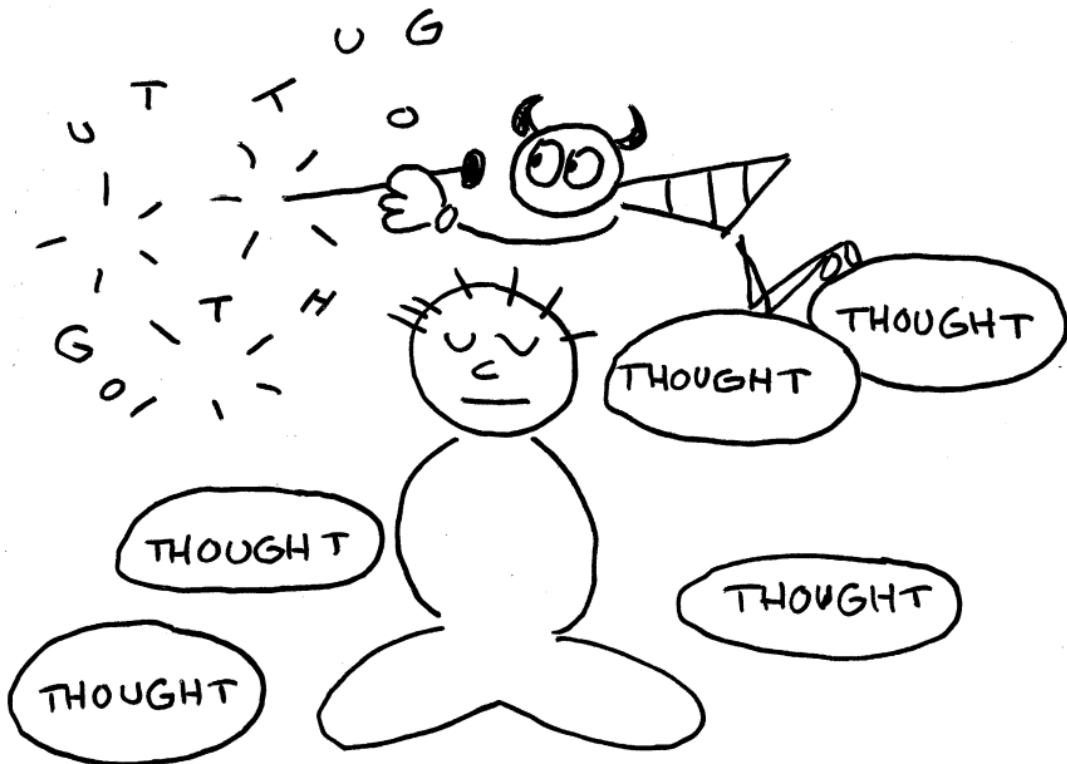
IT'S A
FANCY
WORD
FOR
PAYING
ATTENTION



SEEMS LIKE "MINDFULNESS"
IS A LITTLE GAME
YOU PLAY WHEN
YOU'RE BORED









PEOPLE TOLD ME
THEY ACTUALLY LIKE
THESE COMICS, AND NOW I
FEEL LIKE I HAVE TO LIVE UP
TO THEIR EXPECTATIONS



WHY'D IT TAKE YOU SO LONG
TO START THIS ZINE?

I THOUGHT
I HAD NOTHING
TO SAY

AND I THOUGHT
ART WAS BULLSHIT

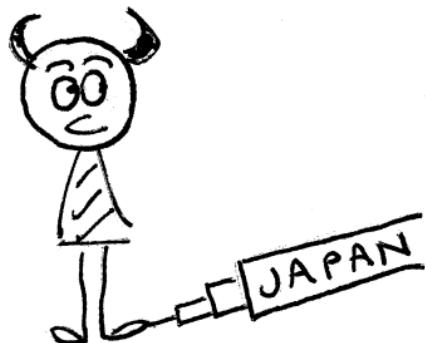


AUSTRIA

YOU THOUGHT
ART WAS BULLSHIT?

NOT OTHER
PEOPLE'S

JUST MINE



YOU ALWAYS WANTED
TO BE A CARTOONIST

OH YES

YOU'RE HAPPIER WHEN
YOU'RE CREATING SOMETHING

FER
SHER

SO WHY DID YOU
WAIT SO LONG?!



SELF-KNOWLEDGE
TAKES A LONG TIME
TO ACQUIRE



ARTGUT

SELF-ACCEPTANCE
TAKES EVEN LONGER

JOY IN



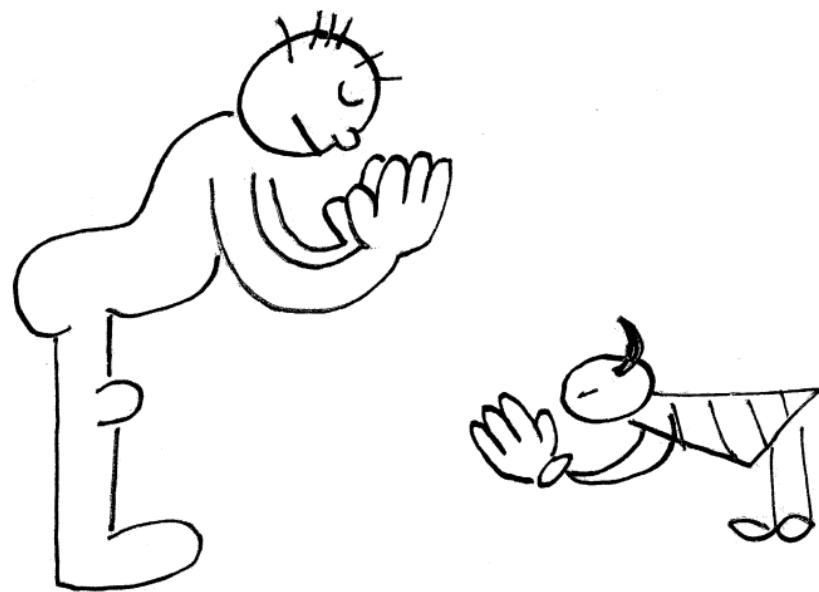
EVERY BREATH
IS **NEW**

IT'S DIFFERENT

IT'S NEVER
HAPPENED BEFORE

IMPERMANENCE





MEDITATION FUNNIES #19

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by M. Elias Bierbort

MADE POSSIBLE BY THE
DOCTOR STEPHEN SANDERS

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...BUT I'M LOCKED RIGHT NOW
CUZ I'M TRYNA FINDA JOB

Electronic Edition

